

Soul Power Series

#1 NEW YORK TIMES BESTSELLING AUTHOR

TAO

II

The Way of Healing,
Rejuvenation, Longevity,
and Immortality

DR. & MASTER ZHI GANG SHA

Sacred Text of the Tao of Healing,
Rejuvenation, Longevity, and Immortality

治疗返老还童长寿永生之道

Zhi Liao Fan Lao Huan Tong Chang
Shou Yong Sheng Zhi Dao

(pronounced *jr lee-yow fahn lao hwahn*
tawng chahng sho yawng shung jr dow)

1. 上乘妙道 **Shang Cheng Miao Dao** *shahng chung mee-yow dow*
Highest and most profound Tao
2. 奥秘法门 **Ao Mi Fa Men** *ow mee fah mun*
The sacred and profound method of entering the gate of rejuvenation, longevity, and immortality
3. 得到真传 **De Dao Zhen Chuan** *duh dow jun chwahn*
Receive the true secret from the master
4. 修炼有望 **Xiu Lian You Wang** *sheo lyen yoe wahng*
There is hope to accomplish your Xiu Lian journey
5. 金丹至宝 **Jin Dan Zhi Bao** *jeen dahn jr bao*
Jin Dan is the highest treasure
6. 修炼根基 **Xiu Lian Gen Ji** *sheo lyen gun jee*
The root and foundation of Xiu Lian

7. 长寿永生 **Chang Shou Yong Sheng** *chahng sho yawng shung*
Longevity and
immortality
8. 不二法门 **Bu Er Fa Men** *boo ur fah mun*
No second way for fan
lao huan tong, longevity,
and immortality
9. 修炼目的 **Xiu Lian Mu Di** *sheo lyen moo dee*
The purpose of Xiu Lian
10. 祛病健身 **Qu Bing Jian Shen** *chü bing jyen shun*
Remove all sicknesses
and strengthen the body
11. 开发智能 **Kai Fa Zhi Neng** *kye fah jr nung*
Develop intelligence
12. 转化人生 **Zhuan Hua Ren Sheng** *jwahn hwah wren shung*
Transform a human
being's life
13. 与道合真 **Yu Dao He Zhen** *yü dow huh jun*
Meld with Tao
14. 超乎阴阳 **Chao Hu Yin Yang** *chow hoo yeen yahng*
Go beyond the yin
yang world
15. 跳出三界 **Tiao Chu San Jie** *tee-yow choo sahn jyeh*
One is not controlled
by the principles of
Heaven, Mother Earth,
and human beings
16. 无形无拘 **Wu Xing Wu Ju** *woo shing woo jü*
No shape, no control,
no restraint from
anything

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| 17. 得天地
精华 | De Tian Di Jing Hua
Receive the essence of
Heaven and Mother Earth | <i>duh tyen dee jing
hwah</i> |
| 18. 与日月
同辉 | Yu Ri Yue Tong Hui
Shine together with the
sun and moon | <i>yü rr yoo-eh tawng
hway</i> |
| 19. 天地同存 | Tian Di Tong Cun
Live together with
Heaven and Mother Earth | <i>tyen dee tawng
tsoon</i> |
| 20. 长寿永生 | Chang Shou Yong Sheng
Longevity and
immortality | <i>chahng sho yawng
shung</i> |
| 21. 苦海众生 | Ku Hai Zhong Sheng
Everyone and everything
in the bitter sea, which
is the yin yang world | <i>koo hye jawng
shung</i> |
| 22. 生老病死 | Sheng Lao Bing Si
Birth, old age, sickness,
death | <i>shung lao bing sz</i> |
| 23. 因果缠身 | Yin Guo Chan Shen
Karma controls you,
no freedom | <i>yeen gwaw chahn
shun</i> |
| 24. 反复轮回 | Fan Fu Lun Hui
Reincarnation continues | <i>fahn foo lwun hway</i> |
| 25. 修仙成道 | Xiu Xian Cheng Dao
Do Xiu Lian to become
a saint in order to
become Tao | <i>sheo shyen chung
dow</i> |
| 26. 脱出轮回 | Tuo Chu Lun Hui
Get away from
reincarnation | <i>twaw choo lwun
hway</i> |

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| 27. 人仙地仙 | Ren Xian Di Xian
Human saints and
Mother Earth saints | <i>wren shyen dee
shyen</i> |
| 28. 上为天仙 | Shang Wei Tian Xian
Higher saints are
Heaven saints | <i>shahng way tyen
shyen</i> |
| 29. 道仙最上 | Dao Xian Zui Shang
Highest saints are Tao
saints | <i>dow shyen dzway
shahng</i> |
| 30. 与道合真 | Yu Dao He Zhen
Meld with Tao | <i>yü dow huh jun</i> |
| 31. 和谐宇宙 | He Xie Yu Zhou
Harmonize universes | <i>huh shyeh yü joe</i> |
| 32. 奥妙无穷 | Ao Miao Wu Qiong
Profound and
mysterious without
ending | <i>ow mee-yow woo
chyawng</i> |
| 33. 祛病为先 | Qu Bing Wei Xian
First remove sickness | <i>chü bing way shyen</i> |
| 34. 修善断恶 | Xiu Shan Duan E
Be kind and stop all evil | <i>sheo shahn
dwahn uh</i> |
| 35. 除贪嗔痴 | Chu Tan Chen Chi
Remove greed, anger,
and lack of wisdom | <i>choo tahn chun chee</i> |
| 36. 修妙明心 | Xiu Miao Ming Xin
Purify and enlighten
your heart | <i>sheo mee-yow ming
sheen</i> |
| 37. 无私为公 | Wu Si Wei Gong
Serve others selflessly | <i>woo sz way gawng</i> |
| 38. 修炼法要 | Xiu Lian Fa Yao
Xiu Lian principles | <i>sheo lyen fah yow</i> |

39. 誓为公仆 **Shi Wei Gong Pu** *shr way gawng poo*
Vow to be a servant
40. 世代服务 **Shi Dai Fu Wu** *shr dye foo woo*
Serve in all lifetimes
41. 服务修炼 **Fu Wu Xiu Lian** *foo woo sheo lyen*
Service Xiu Lian
42. 上乘法门 **Shang Cheng Fa Men** *shahng chung fah mun*
The highest sacred Xiu Lian method
43. 祛除业障 **Qu Chu Ye Zhang** *chü choo yuh jahng*
Remove bad karma
44. 积功累德 **Ji Gong Lei De** *jee gawng lay duh*
Accumulate virtue
45. 元神真灵 **Yuan Shen Zhen Ling** *ywen shun jun ling*
Tao is profound and mysterious
46. 本在心中 **Ben Zai Xin Zhong** *bun dzye sheen jawng*
Yuan Shen is inside the heart
47. 不生不灭 **Bu Sheng Bu Mie** *boo shung boo myeh*
Yuan Shen is not born and does not die
48. 与道同存 **Yu Dao Tong Cun** *yü dow tawng tsoon*
Yuan Shen and Tao exist together
49. 人人皆有 **Ren Ren Jie You** *wren wren jyeh yoe*
Everyone has Yuan Shen
50. 为何不见 **Wei He Bu Jian** *way huh boo jyen*
Why can't a human being see the Yuan Shen?

51. 世俗污浊 **Shi Su Wu Zhuo** *shr soo woo jwaw*
All kinds of pollution
in society
52. 性窍不开 **Xing Qiao Bu Kai** *shing chee-yow boo kye*
The tunnel of the heart
is not open
53. 修炼三宝 **Xiu Lian San Bao** *sheo lyen sahn bao*
Practice with the three
treasures of jing qi shen
54. 污浊自化 **Wu Zhuo Zi Hua** *woo jwaw dz hwah*
All of the pollution
self-transforms
55. 明心见性 **Ming Xin Jian Xing** *ming sheen jyen shing*
Enlighten your heart to
see your Yuan Shen
56. 元神主宰 **Yuan Shen Zhu Zai** *ywen shun joo dzye*
Yuan Shen is in charge
for your life
57. 内三宝 **Nei San Bao** *nay sahn bao*
Three internal treasures
58. 精气神 **Jing Qi Shen** *jing chee shun*
Matter energy soul
59. 外三宝 **Wai San Bao** *wye sahn bao*
Three external
treasures
60. 耳目口 **Er Mu Kou** *ur moo koe*
Ears eyes mouth
61. 妄视神漏 **Wang Shi Shen Lou** *wahng shr shun loe*
See polluted things,
your soul could get lost

62. 妄听精漏 **Wang Ting Jing Lou** *wahng ting jing loe*
Hear polluted words,
lose your jing
63. 妄言气漏 **Wang Yan Qi Lou** *wahng yahn chee loe*
Speak polluted words,
lose your qi
64. 外三宝漏 **Wai San Bao Lou** *wye sahn bao loe*
Three external treasures
are leaking
65. 目不妄视 **Mu Bu Wang Shi** *moo boo wahng shr*
Do not see polluted things
66. 耳不妄听 **Er Bu Wang Ting** *ur boo wahng ting*
Do not hear polluted
words
67. 口不妄言 **Kou Bu Wang Yan** *koe boo wahng yahn*
Do not speak polluted
words
68. 外三宝
不漏 **Wai San Bao Bu Lou** *wye sahn bao boo loe*
Close your external
treasures, do not leak
your jing qi shen
69. 不视安神
于心 **Bu Shi An Shen Yu Xin** *boo shr ahn shun yü sheen*
Do not see polluted
things to make your
shen reside peacefully
in your heart
70. 不听蓄精
于肾 **Bu Ting Xu Jing Yu Shen** *boo ting shü jing yü shun*
Do not hear polluted
words to increase the
jing in your kidneys

71. 不言孕气 **Bu Yan Yun Qi Dan** *boo yahn yün chee*
 丹田 **Tian** *dahn tyen*
 Do not speak polluted
 words to increase the qi
 in the Dan Tian
72. 内三宝 **Nei San Bao Zi He** *nay sahn bao dz*
 自合 *huh*
 Three internal treasures
 join together
73. 外不漏 **Wai Bu Lou** *wye boo loe*
 Three external treasures
 do not leak
74. 内自合 **Nei Zi He** *nay dz huh*
 Three internal treasures
 join as one
75. 通天达地 **Tong Tian Da Di** *tawng tyen dah dee*
 Connect Heaven and
 Mother Earth
76. 逍遥道中 **Xiao Yao Dao Zhong** *shee-yow yow dow*
 Meld with Tao to
 have true freedom
 and joy
77. 道生一 **Tao Sheng Yi** *dow shung yee*
 Tao creates One
78. 天一真水 **Tian Yi Zhen Shui** *tyen yee jun shway*
 Heaven's Oneness
 sacred liquid
79. 金津玉液 **Jin Jin Yu Ye** *jeen jeen yü yuh*
 Gold liquid, jade liquid
80. 咽入丹田 **Yan Ru Dan Tian** *yahn roo dahn tyen*
 Swallow into the Lower
 Dan Tian

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| 81. 神气精
合一 | Shen Qi Jing He Yi
Join soul energy matter
as one | <i>shun chee jing huh
yee</i> |
| 82. 天地人
合一 | Tian Di Ren He Yi
Join Heaven, Mother
Earth, human being
as one | <i>tyen dee wren huh
yee</i> |
| 83. 金丹炼成 | Jin Dan Lian Cheng
Jin Dan is formed | <i>jeen dahn lyen
chung</i> |
| 84. 抱元守一 | Bao Yuan Shou Yi
Hold both hands in a
circle below the navel
and concentrate on
the Jin Dan | <i>bao ywen sho yee</i> |
| 85. 人命如
灯油 | Ren Ming Ru Deng You
A human's life is like
the oil in a lamp | <i>wren ming roo
dung yoe</i> |
| 86. 耗尽命
归西 | Hao Jin Ming Gui Xi
When the oil is
exhausted, life ends | <i>how jeen ming
gway shee</i> |
| 87. 欲健康
长寿 | Yu Jian Kang Chang
Shou
Wish to have good
health and longevity | <i>yü jyen kahng
chahng sho</i> |
| 88. 必添灯油 | Bi Tian Deng You
Must add oil to the
lamp | <i>bee tyen dung yoe</i> |
| 89. 天一真水 | Tian Yi Zhen Shui
Heaven's Oneness sacred
liquid | <i>tyen yee jun shway</i> |

90. 金津玉液 **Jin Jin Yu Ye** *jeen jeen yü yuh*
Gold liquid, jade liquid
91. 犹如添油 **You Ru Tian You** *yoe roo tyen yoe*
Is just like adding oil
to the lamp
92. 油灯常明 **You Deng Chang Ming** *yoe dung chahng ming*
The oil is always
burning
93. 修仙之道 **Xiu Xian Zhi Dao** *sheo shyen jr dow*
The way to become a
saint
94. 性命双修 **Xing Ming Shuang Xiu** *shing ming shwahng sheo*
Do Xiu Lian to develop
intelligence and body
95. 明心见性 **Ming Xin Jian Xing** *ming sheen jyen shing*
Enlighten your heart to
see your Yuan Shen
96. 超凡入圣 **Chao Fan Ru Sheng** *chow fahn roo shung*
Go beyond an ordinary
being and become a
saint
97. 静定慧明 **Jing Ding Hui Ming** *jing ding hway ming*
Quiet, still, intelligent,
enlightened
98. 静中生定 **Jing Zhong Sheng Ding** *jing jawng shung ding*
Stillness comes from
quietness
99. 定中生慧 **Ding Zhong Sheng Hui** *ding jawng shung hway*
Intelligence comes from
stillness

100. 慧中生明 **Hui Zhong Sheng Ming** *hway jawng shung ming*
Enlightenment comes
from intelligence
101. 跳出欲海 **Tiao Chu Yu Hai** *tee-yow choo yü hye*
Jump out from the sea
of desire
102. 服务万灵 **Fu Wu Wan Ling** *foo woo wahn ling*
Serve all souls
103. 抱元守一 **Bao Yuan Shou Yi** *bao ywen sho yee*
Hold both hands in a
circle below the navel
and concentrate on the
Jin Dan
104. 通体透明 **Tong Ti Tou Ming** *tawng tee toe ming*
Whole body is
transparent
105. 人之初 **Ren Zhi Chu** *wren jr choo*
Origin of a human being
106. 精卵化人 **Jing Luan Hua Ren** *jing lwahn hwah wren*
Sperm and egg create a
human being
107. 内肾先生 **Nei Shen Xian Sheng** *nay shun shyen shung*
Kidneys are produced
first
108. 渐长两目 **Jian Zhang Liang Mu** *jyen jahng lyahng moo*
Gradually grow both
eyes
109. 后生外肾 **Hou Sheng Wai Shen** *hoe shung wye shun*
Grow the urinary system,
including sexual organs

110. 五脏六腑 **Wu Zang Liu Fu** *woo dzahng leo foo*
 Five yin and six yang
 organs grow
111. 四肢百骸 **Si Zhi Bai Hai** *sz jr bye hye*
 Four extremities and
 skeleton
112. 逐次而生 **Zhu Ci Er Sheng** *joo tszz ur shung*
 Gradually grow one
 by one
113. 入静忘我 **Ru Jing Wang Wo** *roo jing wahng waw*
 Meditate deeply to go
 into stillness and forget
 yourself
114. 刹那悟空 **Cha Na Wu Kong** *chah nah woo kawng*
 Go suddenly into
 emptiness and nothingness
115. 恍兮惚兮 **Huang Xi Hu Xi** *hwahng shee hoo shee*
 Spiritual images appear
 and disappear
116. 真气从之 **Zhen Qi Cong Zhi** *jun chee tsawng jr*
 Zhen qi, the qi of
 Yuan Shen, is
 produced
117. 真气升泥丸 **Zhen Qi Sheng Ni Wan** *jun chee shung nee wahn*
 Zhen qi rises to the Zu
 Qiao
118. 化玉液 **Hua Yu Ye** *hwah yü yuh*
 Transforms to jade liquid
119. 入中元 **Ru Zhong Yuan** *roo jawng ywen*
 Swallow into the abdomen

120. 滋润丹田 **Zi Run Dan Tian** *dz rwun dahn tyen*
Nourish the Lower Dan
Tian
121. 何谓坤宫 **He Wei Kun Gong** *huh way kwun*
What is the Kun Temple? *gawng*
122. 肾上心下 **Shen Shang Xin Xia** *shun shahng sheen*
肝左脾右 **Gan Zuo Pi You** *shya gahn dzwaw*
Above the kidneys, *pee yoe*
below the heart, at the
left of the liver, at the
right of the spleen
123. 两肾之前 **Liang Shen Zhi Qian** *lyahng shun jr*
脐轮之后 **Qi Lun Zhi Hou** *chyen chee lwun jr*
In front of both kidneys, *hoe*
behind the navel
124. 中虚之窍 **Zhong Xu Zhi Qiao** *jawng shü jr chee-*
真气产地 **Zhen Qi Chan Di** *yow jun*
The space in Kun Temple is *chee chahn dee*
the land to produce zhen qi
125. 母气坤宫 **Mu Qi Kun Gong** *moo chee kwun*
Kun Temple carries *gawng*
Mother Earth's qi
126. 阴阳交媾 **Yin Yang Jiao Gou** *yeen yahng jee-yow*
Yin yang connect in *goe*
Kun Temple
127. 坤宫意守 **Kun Gong Yi Shou** *kwun gawng yee sho*
Concentrate on Kun
Temple
128. 真火自来 **Zhen Huo Zi Lai** *jun hwaw dz lye*
True fire from Yuan
Shen comes by itself

129. 产药之源 **Chan Yao Zhi Yuan** *chahn yow jr ywen*
Kun Temple is the source
to create yao (the material
of Jin Dan)
130. 真气自归 **Zhen Qi Zi Gui** *jun chee dz gway*
Zhen qi comes back to
Kun Temple
131. 天地未判 **Tian Di Wei Pan** *tyen dee way pahn*
Before Heaven and
Mother Earth existed
132. 清浊未定 **Qing Zhuo Wei Ding** *ching jwaw way ding*
Clean qi and disturbed
qi have not been
created
133. 混沌一气 **Hun Dun Yi Qi** *hwun dwun yee chee*
There is only one qi,
which is Tao
134. 时至气化 **Shi Zhi Qi Hua** *shr jr chee hwah*
When the time comes
for Tao to create
135. 清升为天 **Qing Sheng Wei Tian** *ching shung way tyen*
Clean qi rises to form
Heaven
136. 浊降为地 **Zhuo Jiang Wei Di** *jwaw jyahng way dee*
Disturbed qi falls
to form Mother Earth
137. 天地开化 **Tian Di Kai Hua** *tyen dee kye hwah*
Heaven and Mother
Earth start
138. 地气上升 **Di Qi Shang Sheng** *dee chee shahng shung*
Mother Earth's qi rises

139. 天气下降 **Tian Qi Xia Jiang** *tyen chee shyah*
Heaven's qi falls *jyahng*
140. 万物孕生 **Wan Wu Yun Sheng** *wahn woo yün*
Countless things are *shung*
produced
141. 抱元守一 **Bao Yuan Shou Yi** *bao ywen sho yee*
Hold both hands in a
circle below the navel
and concentrate on the
Jin Dan
142. 真精自固 **Zhen Jing Zi Gu** *jun jing dz goo*
Real matter is produced
nonstop
143. 真气自在 **Zhen Qi Zi Zai** *jun chee dz dzye*
Real qi continues to be
produced
144. 真神自现 **Zhen Shen Zi Xian** *jun shun dz shyen*
Yuan Shen appears and
is in charge
145. ‘抱元守一 **Bao Yuan Shou Yi** *bao ywen sho yee*
Hold both hands in a
circle below the navel
and concentrate on the
Jin Dan
146. 三宝合一 **San Bao He Yi** *sahn bao huh yee*
Three treasures, *jing qi*
shen, join as one
147. 真气自行 **Zhen Qi Zi Xing** *jun chee dz shing*
Real qi moves by itself
148. 真火自运 **Zhen Huo Zi Yun** *jun hwaw dz yün*
Real fire moves by itself

149. 百日筑基 **Bai Ri Zhu Ji** *bye rr joo jee*
Practice for one hundred
days to build a foundation
for your body
150. 补足漏体 **Bu Zu Lou Ti** *boo dzoo loe tee*
Completely fulfill your
leaky body
151. 抱元守一 **Bao Yuan Shou Yi** *bao ywen sho yee*
Hold both hands in a
circle below the navel
and concentrate on the
Jin Dan
152. 行走坐卧 **Xing Zou Zuo Wo** *shing dzoe dzwaw*
不离这个 **Bu Li Zhe Ge** *waw boo lee juh*
Walking, sitting, or
lying down, always
focus on Jin Dan *guh*
153. 千日文 **Qian Ri Wen Wu Huo** *chyen rr wun woo*
武火 *hwaw*
Practice gentle fire and
strong fire for one
thousand days
154. 守一咽 **Shou Yi Yan Jin Ye** *sho yee yahn jeen*
津液 *yuh*
Bao Yuan Shou Yi and
swallow jade liquid
155. 性命双修 **Xing Ming Shuang Xiu** *shing ming*
Do Xiu Lian to develop *shwahng sheo*
intelligence and body
together
156. 明心见性 **Ming Xin Jian Xing** *ming sheen jyen*
Enlighten your heart to *shing*
see your Yuan Shen

157. 穿岁月 **Chuan Sui Yue Wu Xing** *chwahn sway yoo-*
 无形 *eh woo shing*
 Time passes without
 notice
158. 贯金墙 **Guan Jin Qiang Wu Ai** *gwahn jeen shyahng*
 无碍 *woo eye*
 Go through the golden
 wall without blockage
159. 三千日抱 **San Qian Ri Bao Yuan** *sahn chyen rr bao*
 元守一 **Shou Yi** *ywen sho yee*
 Practice Bao Yuan Shou
 Yi for three thousand days
160. 修得与道 **Xiu De Yu Dao He Zhen** *sheo duh yü dow*
 合真 *huh jun*
 Xiu Lian to meld with
 Tao
161. 天地淡定 **Tian Di Dan Ding** *tyen dee dahn ding*
 Heaven and Mother Earth
 have no emotion, no
 desire, no attachment
162. 阳升阴降 **Yang Sheng Yin Jiang** *yahng shung yeen*
 Yang qi ascends, yin qi *yyahng*
 descends
163. 日往月来 **Ri Wang Yue Lai** *rr wahng yoo-eh lye*
 Sun goes, moon comes
164. 万物昌盛 **Wan Wu Chang Sheng** *wahn woo chahng*
 All things flourish *shung*
165. 静中至寂 **Jing Zhong Zhi Ji** *jing jawng jr jee*
 Meditate to extreme
 quietness where you
 forget yourself
166. 神气相抱 **Shen Qi Xiang Bao** *shun chee shyahng*
 Yuan Shen and yuan qi *bao*
 hold together

167. 气结精凝 **Qi Jie Jing Ning** *chee jyeh jing ning*
 Yuan qi and yuan jing
 accumulate and concentrate
168. 结成金丹 **Jie Cheng Jin Dan** *jyeh chung jeen dahn*
 Jing Qi Shen He Yi to
 form Jin Dan
169. 丹田温暖 **Dan Tian Wen Nuan** *dahn tyen wun nwahn*
 Dan Tian area is warm
170. 三关升降 **San Guan Sheng Jiang** *sahn gwahn shung jyahng*
 Energy ascends and
 descends in three gates
171. 上下冲合 **Shang Xia Chong He** *shung shyah chawng huh*
 Di qi ascends, tian qi
 descends; yang qi and
 yin qi collide and join
 in order to balance
172. 醍醐灌顶 **Ti Hu Guan Ding** *tee hoo gwahn ding*
 Suddenly achieve
 enlightenment
173. 甘露洒心 **Gan Lu Sa Xin** *gahn loo sah sheen*
 Dew sprays to the heart
174. 玄天妙音 **Xuan Tian Miao Yin** *shwen tyen mee-yow yeen*
 Hear Heaven's profound
 sounds
175. 耳中常闻 **Er Zhong Chang Wen** *ur jawng chahng wun*
 Often hear Heaven's
 music and voices
176. 至宝玄珠 **Zhi Bao Xuan Zhu** *jr bao shwen joo*
 Jing Qi Shen He Yi
 forms the initial Jin
 Dan, just like a pearl

177. 真真景象 **Zhen Zhen Jing Xiang** *jun jun jing*
See the real images *shyahng*
178. 永存道中 **Yong Cun Dao Zhong** *yawng tsoon dow*
These images always *jawng*
exist within Tao
179. 犹如灯光 **You Ru Deng Guang** *yoe roo dung*
Just like the lamp *gwahng*
light
180. 长明不熄 **Chang Ming Bu Xi** *chahng ming boo*
The light always shines *shee*
continuously
181. 先天真阳 **Xian Tian Zhen Yang** *shyen tyen jun*
Innate real yang is *yahng*
Yuan Shen
182. 后天真阴 **Hou Tian Zhen Yin** *hoe tyen jun yeen*
After birth, real yin is
Shi Shen plus the body
183. 两气氤氲 **Liang Qi Yin Yun** *lyahng chee yeen*
Yin yang unification *yün*
184. 结成仙胎 **Jie Cheng Xian Tai** *jyeh chung shyen tye*
Form a saint baby
185. 仙胎道胎 **Xian Tai Dao Tai** *shyen tye dow tye*
Saint baby and Tao
Baby
186. 道乳哺养 **Dao Ru Pu Yang** *dow roo poo yahng*
Tao milk feeds the saint
baby and Tao Baby
187. 成长壮大 **Cheng Zhang** *chung jahng*
Zhuang Da *jwahng dah*
Baby grows bigger and
stronger

188. 提高等级 **Ti Gao Deng Ji** *tee gao dung jee*
Your joined Yuan Shen
and Shi Shen are uplifted
189. 十月功成 **Shi Yue Gong Cheng** *shr yoo-eh gawng chung*
Saint baby or Tao Baby
takes ten months to grow
190. 脱胎飞升 **Tuo Tai Fei Sheng** *twaw tye fay shung*
Soul baby travels
191. 超乎阴阳 **Chao Hu Yin Yang** *chow hoo yeen yahng*
Go beyond yin yang
laws
192. 无形无拘 **Wu Xing Wu Ju** *woo shing woo jü*
No shape, no control, no
restraint from anything
193. 通身浊阴 **Tong Shen Zhuo Yin** *tawng shun jawaw yeen*
Whole body is
disturbed yin after birth
194. 尽化纯阳 **Jin Hua Chun Yang** *jeen hwah chwun yahng*
Whole body transforms
to pure yang, which is
your Yuan Shen
195. 跳出樊笼 **Tiao Chu Fan Long** *tee-yow choo fahn long*
Jump out from the
control of yin, yang,
and San Jie
196. 逍遥无穷 **Xiao Yao Wu Qiong** *shee-yow yow woo chyawng*
Freedom and joy are
endless within Tao
197. 炼己炼心 **Lian Ji Lian Xin** *lyen jee lyen sheen*
Xiu Lian for your body
and heart

198. 炼心不动 **Lian Xin Bu Dong** *lyen sheen boo dawng*
The Xiu Lian heart
cannot be shaken
199. 离宫修定 **Li Gong Xiu Ding** *lee gawng sheo ding*
Xiu Lian for the heart
leads to stillness
200. 定则神和 **Ding Ze Shen He** *ding dzuh shun huh*
Stillness leads to
harmonization of Yuan
Shen and Shi Shen
201. 和则气安 **He Ze Qi An** *huh dzuh chee ahn*
Harmonization of Yuan
Shen and Shi Shen will
balance and increase qi
and bring true peace in
the heart
202. 安则精满 **An Ze Jing Man** *ahn dzuh jing mahn*
Sufficient qi and a
peaceful heart will
create full jing
203. 满则丹结 **Man Ze Dan Jie** *mahn dzuh dahn jyeh*
Sufficient jing
accumulates to
form the Jin Dan
204. 结则造化 **Jie Ze Zao Hua** *jyeh dzuh dzow hwah*
Jin Dan forms and
follows nature's
way
205. 玄珠成象 **Xuan Zhu Cheng Xiang** *shwen joo chung shyahng*
Initial stage of Jin Dan
formation like a pearl

206. 太乙含真 **Tai Yi Han Zhen** *tye yee hahn jun*
 Everyone has the real
 yang of Tao, which is
 Yuan Shen
207. 津液炼形 **Jin Ye Lian Xing** *jeen yuh lyen shing*
 Tian Yi Zhen Shui and
 Jin Jin Yu Ye transform
 your body
208. 神形俱妙 **Shen Xing Ju Miao** *shun shing jü mee-*
 Xing Gong and Ming
 Gong Xiu Lian have
 been accomplished *yow*
209. 奋勇精进 **Fen Yong Jing Jin** *fun yawng jing jeen*
 Try your greatest best
 to do Xiu Lian
210. 舍生忘死 **She Sheng Wang Si** *shuh shung*
 Give your life to do *wahng sz*
 Xiu Lian
211. 心死神活 **Xin Si Shen Huo** *sheen sz shun hwaw*
 Shi Shen gives up the
 position, Yuan Shen is
 in charge
212. 方可修成 **Fang Ke Xiu Cheng** *fahng kuh sheo*
 Xiu Lian can reach Tao *chung*
213. 灵脑身 **Ling Nao Shen Yuan** *ling now shun ywen*
 圆满 **Man** *mahn*
 Soul mind body
 enlightenment
214. 金丹道 **Jin Dan Dao Ti Sheng** *jeen dahn dow tee*
 体生 *shung*
 Jin Dan and Tao body
 are produced

215. 海枯 石烂 **Hai Ku Shi Lan** *hye koo shr lahn*
 The seas run dry and
 the rocks crumble
216. 道体 长存 **Dao Ti Chang Cun** *dow tee*
 The Tao body lives *chahng tsoon*
 forever
217. 阴阳归道 **Yin Yang Gui Dao** *yeen yahng gway*
 Yin yang returns to Tao *dow*
218. 与道合真 **Yu Dao He Zhen** *yü dow huh jun*
 Meld with Tao
219. 道法自然 **Dao Fa Zi Ran** *dow fah dz rahn*
 Follows nature's way
220. 神哉妙哉 **Shen Zai Miao Zai** *shun dzye mee-yow*
 Miraculous and *dzye*
 profound